

Other ways to keep babies safe and reduce the risk of SIDS:

No one should smoke around your baby.

- Smoking Quitline: 1-877-448-7848

Breastfeed your baby.

- www.doh.wa.gov/YouandYourFamily/WIC/BreastfeedingSupport.aspx
- If you're on WIC, call your WIC staff for breastfeeding support.
- La Leche League of Washington: www.llofwa.org

Immunize your baby.

- www.doh.wa.gov/YouandYourFamily/Immunization/Children.aspx

Get help if anyone who cares for your baby is using drugs or alcohol.

- Recovery Help Line: 1-866-789-1511

Northwest Infant Survival & SIDS Alliance may be able to provide you with a crib if you cannot afford one.

- Call 1-800-533-0376



The American Academy of Pediatrics recommends infants not sleep with their parents.

The safest place for your baby to sleep is in a crib or bassinet next to your bed.

If you choose to sleep with your baby, follow these steps:

- Always put babies on their backs.
- Keep baby's face uncovered.
- Don't use pillows, comforters, quilts, or other soft items on the bed.
- Make sure your mattress is firm. No water beds.
- Make sure the mattress fits snugly in the bed frame.
- Don't use headboards or footboards with openings or cutouts. They can trap your baby.
- Keep your bed away from the curtains or blind cords. Babies can be strangled or suffocated.
- Don't drink alcohol, drugs, or use medications that make you tired or sleepy. They can keep you from noticing that you have rolled onto baby while sleeping.

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).



DOH 950-174 July 2014

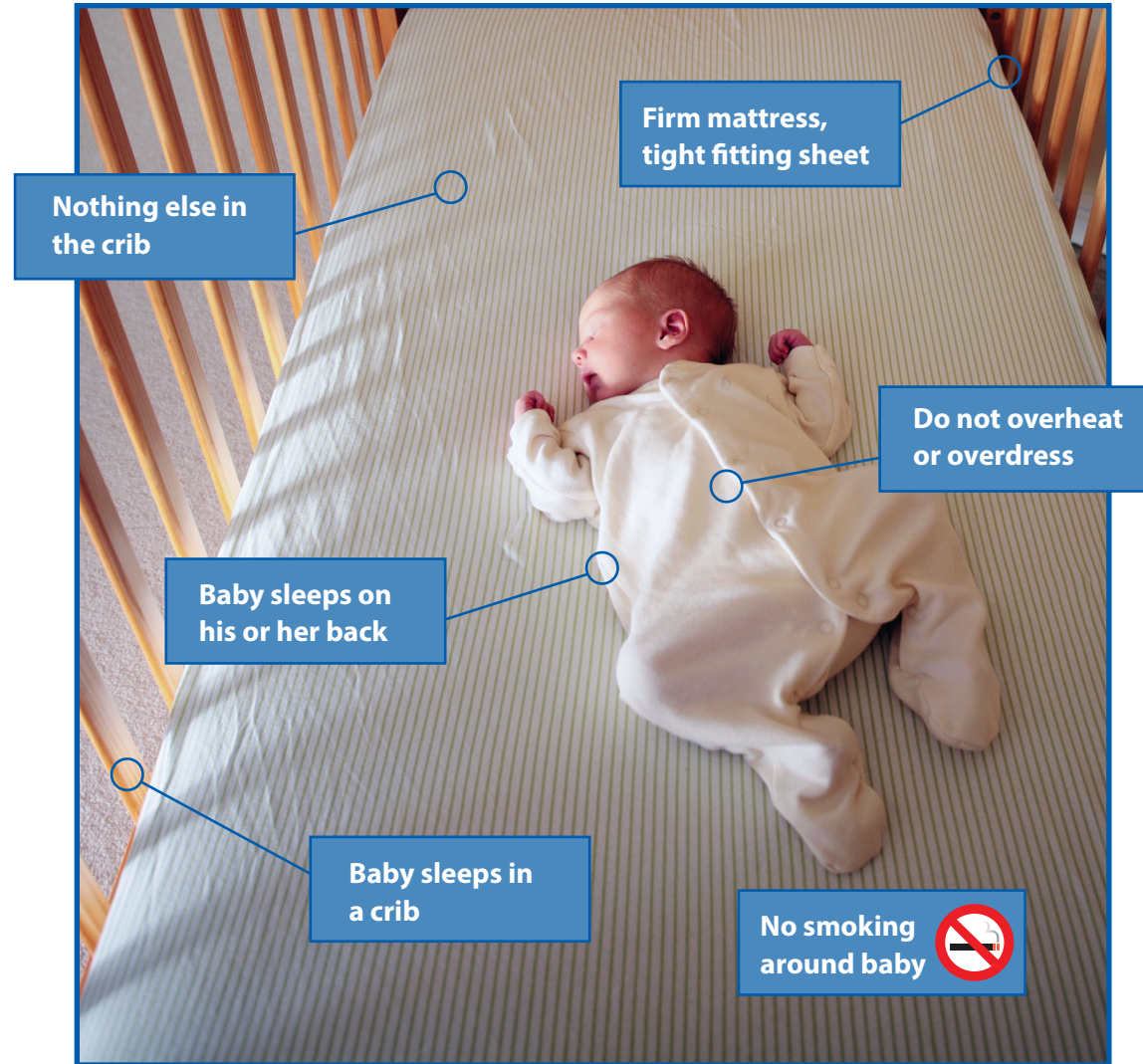
Safe Sleep for Your Baby



Every Time

What does SAFE SLEEP look like?

Get a safety-approved crib. For safety information from the U.S. Consumer Product Safety Commission: www.CPSC.gov/safety-education



Here are some other safe sleep options.

These are good ways to keep your baby close to you. A car seat is not a safe alternative to a crib.



Safe sleep is important

Sleep-related deaths and **sudden infant death syndrome (SIDS)** are the number one cause of death for infants under 12 months. A safe sleep environment can reduce the risk of SIDS.

- **If you breastfeed in bed**, keep the crib by your bed. Put your baby to sleep in the crib on his or her back when you finish.
- **Babies are not safe sleeping in an adult bed, on a couch, or on a chair alone, with you or with anyone else.**
- **Try room sharing** to be close to your baby.

Safe Sleep Steps

Babies are safest when they sleep in a safe sleep environment every time.

- **Babies sleep by themselves in a crib.** Put the crib next to your bed to be close to your baby.
- **Always put babies to sleep on their back**, even when they can roll over.
- **Nothing else in the crib.** No blankets, bumpers, pillows, stuffed animals, or other soft things.
- **Don't let anyone smoke around your baby.** It increases the risk of SIDS and serious illness.
- **Dress your baby in lightweight sleep clothing**, like a sleep sack or footed pajamas. Make sure baby is warm enough to sleep without covers, but not hot. **Keep the room temperature at 70–72F degrees (21–22°C).**
- **Use a firm mattress** that fits tightly in the crib with a tight-fitting sheet.

Let grandparents, babysitters, child care, and friends know about the safest way for your baby to sleep.